

TALON TIMES

Mission: Plan, direct and control all air operations in support of amphibious forces, and provide combat-ready-detachments to deployed Amphibious Ready Groups.

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FROM THE COMMANDER'S DESK...

**TACRON TWELVE
JAN/FEB/MAR**

Hello TALON faithful. I just returned from Okinawa Japan after conducting my last site visit as Commanding Officer of this outstanding Squadron. It was good to meet with the CTF-76, CPR-11 and 31st MEU leadership and hear first-hand how well you have been conducting your operational business over the last year. I could not be more proud of our growth as a unit.

As I write this, DET ONE is onboard the USS BONHOMME RICHARD (LHD 6) in Japan in preparation for the 31st MEU AIT, CERTEX and EXERCISE SSANG YONG with Korea and in support of other Forward Deployed Naval Forces tasking. DET FOUR is working closely with USS PELELIU (LHA 5) to prep for the Rim of the Pacific (RIMPAC) Exercise in Hawaii. Your professionalism and practical skills will make these Deployments a guaranteed success.

On November 8, 2013, typhoon Haiyan/Yolanda devastated the Philippines and was one of the most destructive typhoons to ever hit the region with wind gusts above 200 mph. As a result, your TALONS sprang into action by sending forward three Expeditionary Response Teams and several Air Liaison Officers to assist in the recovery effort during Operation DAMAYAN. Our teams arrived in Okinawa 24 hours before they were required to embark the USS ASHLAND (LSD 48) and made an immediate impact on the ground upon arrival in the Philippines. Their ability to flex and utilize their creativity and move the necessary aid packages to a desperate populace was extraordinary and highly commendable.

The TALONS have had quite a year. The highlights include: BALIKATAN 13 and Operation DAMAYAN (Philippines), SSANG YONG and ULCHI FREEDOM GUARDIAN 13 (Republic of Korea), TALISMAN SABRE and KOOLENDONG (Australia). The seasoned warriors of TACRON 12 worked hard and made mission accomplishment in the above endeavors look routine.

Two years and seven months ago I had the honor of walking in the door as the future Commanding Officer of one of the best Operational Commands in the Navy. For some of you, this is the first command that you are a part of and for others, CMC comes to mind, this may be your 10th. For all of you, know that it rarely gets any better. Why do I say we are among the best? First of all, our people are top-notch and truly have compassion for one another. Our diverse careers, views and backgrounds provide a fertile ground for innovative execution of the mission at home and abroad. Our outstanding and positive attitude on the ship as we "whistle while we work" is contagious and a breath of fresh air to the Forward Deployed Naval Forces. We fill myriad roles for the Amphibious Forces that may never gain overt recognition, however, the effort is truly necessary for the operational success of the Amphibious Ready Groups that we join.

TACRON TWELVE
Commanding Officer,
CDR Daniel P. Hopkins



Finally, I want to thank you for the steady strain every day to make the Squadron better. Continue to work smarter, not harder, and keep striving for continuous professional and personal improvement.

FAIR WINDS and FOLLOWING SEAS and always remember to do things the TALON WAY!

Best Wishes,

CDR Daniel "Disco" Hopkins

dan.hopkins@navy.mil

609-437-2594



The Ombudsman Corner



Phone Contact Information: (619) 203-4101

Email: t12ombudsman@gmail.com

Hello Tacron 12 Family! *Your TACRON 12 Command Family Ombudsman:*

I am honored to contribute to this edition of The Talon Times. It is always a joy to interact with the command and their families! As always, I encourage you to help me help you. Please feel free to contact me and let me know what topics interest you most. I am here for you!

I have decided that I will follow my own advice and take some of the workshops offered by FFSC. Each edition I plan on highlighting a different workshop, class, or service. Unless otherwise noted, register for workshops at :

866-923-6478 or FFSCWorkshops@mwrsd.com.

You can even call to schedule an individual appointment on any of these topics. It's up to you!



The Ombudsman Corner



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Email: t12ombudsman@gmail.com

Featured This

Edition: *Secrets of Couponing*

I had the pleasure of sitting in on the February 11th workshop in Santee. The women who lead this workshop were extremely welcoming! I sat through an hour long presentation that educated me about online resources for coupons, coupon organization, smart buys, & more! It was certainly helpful and I can say that applying those simple to use techniques resulted in savings at the grocery store.

They even offer to place you on their email tree so that you can receive monthly notifications of sales, offers, ect. You can even bring coupons to swap as well! Definitely worth the visit and I encourage everyone to attend. Bring a friend too!

*The next workshop will be held March 11, 1000-1100 am
FFSC NBSD, Bldg 259*

There are tons of very informative workshops going on almost weekly. We are very fortunate to be able to get this info free of charge.

Whether active duty, spouse, or family member - THERE IS SOMETHING FOR YOU! Call the above listed number or visit the website today!





*Home is where
the heart is*



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Whether your loved ones live near or
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Memberships to Sittercity are fully paid for by The Department
of Defense for Army, Marine, Navy, and Air Force -including
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Get Started Today at
sittercity.com/DoD





Did your spouse recently deploy? Don't forget that The United States Postal Service (USPS) offers **FREE** packing material to families of military members deployed Overseas! **To order call: (800) 610-8734. Press "1" (For English). Press "1" again (For Operator). Ask for the "Carekit04".**



This Military OneSource Navy portal allows access to Navy-specific news, resources and social media with a simple click. Navy's fleet and family programs provide a full array of services, information and tools to assist Sailors and family members in achieving personal and career goals as they excel in meeting the obligations and challenges of Navy life through resilience and self-reliance.

Call. Click. Connect.

<http://www.militaryonesource.mil/navy>



June was Post-traumatic Stress Disorder (PTSD) Awareness Month. Although we've entered into July, I still feel it's important to share. PTSD is a serious condition that affects a growing number of wounded warriors and their families. To learn more about PTSD and find helpful resources or to access information on warrior care, contact **Navy Wounded Warrior - Safe Harbor** at **855-NAVY WWP (855 628-9997)**, navywoundedwarrior@navy.mil or <http://safeharbor.navylive.dodlive.mil>

FOCUS: Family Resiliency Training™ for Military Families

Strengthening the Home Base!

FOCUS (Families Over Coming Under Stress™) provides resiliency training to military children and families. It also teaches practical skills to meet the challenges of deployment and reintegration, to communicate and solve problems effectively and to successfully set goals together and create a shared family story.

Site Location

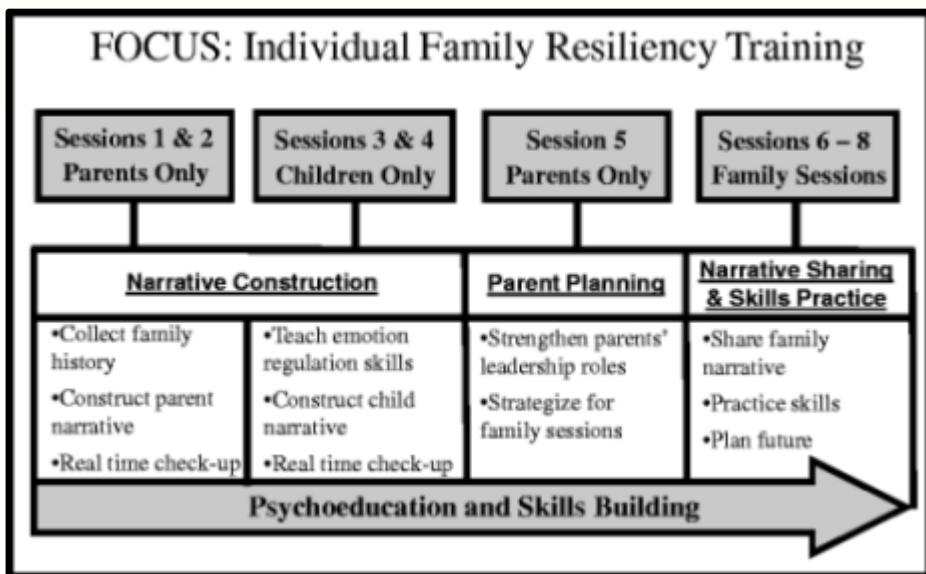
Naval Base San Diego San Diego, CA 92136

Dolphin Alley, Bldg. 265

Phone 619.556.6075

Fax 619.556.6076

SanDiego@focusproject.org





Fleet and Family Support



Meeting Your Needs at Home & at Sea

FFSP provides services through the Fleet and Family Support Centers (FFSC) such as relocation assistance, new parent support, deployment services, clinical counseling services, financial management counseling, family employment services, family advocacy and the relocation assistance programs to assist service members and their families in need. FFSC has also recently opened a NEW SANTEE BRANCH!

*****One Call Serves All!*****

For 24/7 assistance at any Navy Region Southwest FFSC, call 1-866-923-6478. For more information on Fleet and Family Support Programs, please <http://navylifesw.com/sandiego/families/ffsc/>.



Career Services



Command Leadership Corner



Counseling and Assistance



Deployment Support



Disaster Preparedness



Family Enrichment



Financial Support



Relocation Support



Retiree Support



Sexual Assault Prevention
and Response

Fleet & Family Support Center Locations (*Near TACRON TWELVE*)

Mon. - Fri., 7:30 am - 4:30 pm, Closed Sat., Sun., and holidays (unless otherwise noted)

Naval Base San Diego

3005 Corbina Alley
Bldgs. 259 & 263
San Diego, CA
(619) 556-7404

Naval Base Coronado

318 Saufley Rd.
Bldg. 318
San Diego, CA
(619) 545-6701



SAN DIEGO METRO

COMMUNITY SUPPORT PROGRAMS

Upcoming Events

Navy's Woof Walk

March 22 • 9 am • FREE • Admiral Baker Picnic Area
Grab a leash and your four-legged friend and join us for a dog-gone good time to help raise funds for Navy Quality of Life Programs, benefiting our local San Diego Sailors and their family members.

<https://navylifesw.com/woofwalk/>



Navy's 28th Bridge Run/Walk

May 18th • 8 am • One Park Blvd. at Harbor Drive
Join in the Navy's 28th Bay Bridge Run/Walk. This unique 4-mile run/walk has a one of a kind spectacular panoramic view as participants make their way to Coronado's beautiful Tidelands Park from downtown San Diego. During the finish line celebration, runners receive an event shirt and complimentary transportation.



Vintage T-Shirt 5k Run/1-Mile Walk

June 11 • 10 am • FREE • Admiral Prout Field House Gym
Participants receive a t-shirt from one of our past runs!

Runs begin at 10 am behind the Admiral Prout Field House Gym, Bldg. 3279. Check in at 9 am. Open to all ID cardholders. Command deadline: Monday, June 9

For more information call: 619-556-7444



www.shutterstock.com · 135643232



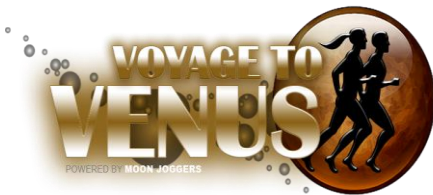
Support the thousands of sailors in the San Diego area by sponsoring programs and events throughout the year.

Click the following link for more information:

<http://navylifesw.com/sandiego/about/sponsorship/>



Active Living



Running Challenge

April 5th, 2014



After Dark Dash

April 5th, 2014



Superhero 5k

April 6th, 2014



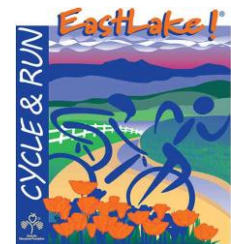
Big Bark 5k

April 5th, 2014



Peace, Love, Run

April 13th, 2014



Cycle & Run

April 13th, 2014



****Local events and things you love to do. Stay Active!****



San Diego Events

April 26th & 27th

Roots Fest on Adams

This blues, folk, Cajun, Celtic, bluegrass, and international music festival held on 6 stages along Adams Avenue, between 34th street and Wilson Ave. Free to the public & features food, beer garden, and Arts-and-crafts vendors.

(619) 282-7329 / www.adamsavenuebusiness.com

April 25th-27th

50th Annual Lakeside Rodeo

From barrel racing to bull riding, this is the real deal.

Call (619) 561-4331 / www.lakesiderodeo.com

Lakeside Rodeo Arena (12584 Maplevue St. Lakeside, CA 92040)



Weekend closest to May 5th

Fiesta Cinco de Mayo

Uniformed troops march and guns blast to mark the 1862 triumph of Mexican Soldiers over the French at the battle of Puebla. The festivities include a battle reenactment. (Take the trolley and make dining reservations well in advance.) Admission is free.

(619) 291-4903 / www.fiestacincodemayo.com

May 8th-11th

Gator By The Bay

Let the good times roll at this annual zydeco and blues music festival. In addition to the music, the festival features Cajun food and cooking demonstrations, dances, and a variety of exhibitors and vendors.

(619) 234-8612 / www.sandiegofestival.com

June 1st

The Rock 'n' Roll Marathon and ½ Marathon

Offers runners a unique course through Balboa Park, downtown, and around Mission Bay, but it also pumps them up with live bands on 26 stages along the course. This is a pre-fitness expo and post-race concert, featuring big-name talent..

(800) 311-1255 / www.san-diego.competitor.com

June 7th- July 6th

San Diego County Fair

Referred to by locals as the Del Mar Fair, this is the *other* major happening – besides horse racing – at the Del Mar Fairgrounds. In addition to livestock competitions, thrill rides, flower-and-garden shows, and more, there are also concerts by name performers (some require a separate admission). (858) 793-5555 / www.sdfair.com

2260 Jimmy Durante Blvd. Del Mar, CA 92014



San Diego Military Outreach Ministries (MOM) is a community supported charity that reaches out to young enlisted military families (E-5 and below and wounded warriors) in San Diego with a broad range of helping services. Among the services listed below, they also host regular motivational briefings on base.
(For more details, visit www.sandiegomom.org, or call (619) 461-4164.



Children's & Infant's Supplies...



Food bags & Gift Cards



... to include diaper bags filled with personal items



Household Goods & Furniture



Toys & Bikes



Baby Showers At Navy/Marine Bases



Family Readiness Gatherings & Holiday Events



*****Celebrating Young Military Families*****



Navy-Marine Corps Relief Society



The mission of the Navy-Marine Corps Relief Society is to provide, in partnership with the Navy and Marine Corps, financial, educational and other assistance to members of the Naval Services of the United States, eligible family members and survivors when in need and to receive and manage funds to administer these programs.

Our Vision: We are a private, non-profit, volunteer, service organization. As a Center of Excellence, we are committed to ensure that all available resources are used to assist personnel of the Naval Services - active, retired, and their eligible family members to achieve financial self-sufficiency and find solutions to emergency needs.

NMCRS San Diego, FSO

Navy-Marine Corps Relief Society
Bldg. 270, 3115 Dolphin Alley; PO Box 131470

Naval Base San Diego
San Diego, CA 92170

Hours: Mon-Fri 0800-1600

Phone: (619) 238-1587/1589

DSN: 526-8283

Fax: (619) 531-0083

Email: barry.white@nmcrs.org

Navy College Opportunities



Visit your local **Navy College office**! Navy College professionals provide educational services world-wide, anytime, anyplace to Sailors and their families, supporting their life-long learning goals and the Navy's mission. The following link provides information regarding the SOCNAV program and other benefits available to military families. Take full advantage of all of the awesome resources **Navy College** has to offer and go back to school!

Website: http://www.soc.aascu.org/socnav/Spouses_AidResources





American Red Cross



As a reminder, the American Red Cross has moved to a single telephone number for its emergency communication services.

All military members and their families can use one number: **877-272-7337 (U.S. Toll Free)** to send an urgent message to a service member. This means that all military members and their families can use this single number to initiate an emergency communication, regardless of where they live.

A call to **877-272-7337** allows Red Cross emergency communications services to put military personnel in touch with their families following the death or serious illness of an immediate family member, the birth of a service member's child or grandchild or when a family faces other emergencies.

Additional Red Cross services such as case management and emergency financial assistance also are available. For those stationed overseas, the three options for calling will remain the same: calling **877-272-7337** direct, accessing the number through a military operator or calling the local Red Cross station.

**For more information about the American Red Cross, and how you can reach out and donate, visit their website at [http:// www.redcross.org/](http://www.redcross.org/) **



You put the Morale in MWR

These Sailors put in their own personal time, effort, and eagerness to raise money for our own MWR! Without these Volunteers, outstanding Sailors, and just down right awesome people, Tacron Twelve wouldn't be the Command it is today!



Supercross Event,
Qualcomm Stadium
08FEB14

THANK YOU!

VTC-12

Left to Right: AC2 Nguyen, IT2 Pendley, YNSR Dang, YNSN Quinones,
IT3 Wells, IS3 Venzant, IT2 Richards. Not in Picture: OS2 Johnson

Summer Volunteer Opportunities



COACHELLA

APRIL 11-13

&

APRIL 18-20

STAGECOACH

APRIL 25-27



Detachment One

Detachment One departed January 27th this year, and they successfully made it to Japan. While doing what needs to be done, they are also enjoying an abundance of sight seeing. The DET is currently onboard the BHR underway conducting operations.



Left to right: AC1 Murphy, LCDR Zaltsman, ACC Mobley, IS2 Thomsen, AC2 Murphy, AC2 Onevathana, OS3 Thomas, AN Wagner, AC2 Stewart, AC2 Okamura, AC1 Gibbs, AC3 Darrough, OS2 Winston, ACAA Evans, CS1 Taylor, AC2 Matlock, , AN Ayalaros, AN Daley, IT2 Martinez

BHR pulling into Okinawa





SOFTBALL SEASON



By IS3 Brenner

Hey ya'll! The sun is out, the smell of freshly cut grass lingers in the air, and who could forget that beautiful view of the San Diego Bay behind the field? That's right, you guessed it! It's that time of the season again! The 2014 TACRON TWELVE Softball season is in full swing! As American as the Fourth of July and apple pie, softball is a game that represents the red, white, and blue. Softball is a game that embodies the American spirit. It's about patience (waiting for that good pitch), perseverance (not giving up while behind in runs), and seizing any and all opportunities (errors). There is a soothing rhythm to it all, pitch by pitch, inning by inning. Softball is a world of order, interrupted by brief, breathtaking moments of chaos, where memories and heroes can be made. It has unlimited potential. It can be ugly one moment and beautiful the next. It is part play, part profanity and part poetry....and really, what is more American than that?

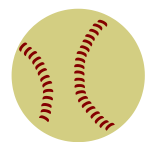
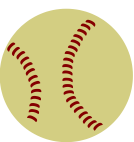


The season kicked back off on February 25th with IS3 Brenner leading the way as the new coach. IS3 Brenner was a pitcher and right fielder for the Arizona Diamondbacks Scouting Team in the summers of 2009 and 2010. He hopes to bring his knowledge of the game of baseball to the team, driving them to success.



So far, the team has started out the season strong with a record of 3-1! Unfortunately, in the team's first game IS2 Roy was injured sliding into 3rd base. Just like IS2 Roy, the rest of the team is out there hustling and swinging the bat well. The defense is playing sharp which is the prime reason the team is 3-1. Some of the team's noteworthy players so far are AN Campbell, ACAN Coakley, YNSR Dang, OSC Rowlands, LT Kane, and LCDR Murray.

If you are interested in playing we hold practices 1-2 times a week with games 2-3 times a week between 1100-1300 at Turner Field. Everyone who shows up to the game to play will be given a chance to play as no one will be left out! Those of you who are not interested in playing should come out and support your fellow shipmates! Let's show some Talon pride and get as many Talons out there as we can! Look forward to seeing everyone out at Turner Field!



Welcome Aboard

AC1 WILLIAMS
OS1 MORGAN

Fair Winds and Following Seas

YN1 MOSBARGER
IS2 FELKER
OS2 MORPHIS
AC2 WARD
AC2 SPICER
ACAR WALLER

Awards

MERITORIOUS SERVICE MEDAL

CDR HOPKINS
CDR TEACHOUT

GOOD CONDUCT MEDAL

IS2 ISABELLE
AC2 HALL
OS2 WALTERS

NAVY AND MARINE CORPS COMMENDATION MEDAL

LCDR MCCLEMORE

LETTER OF COMMENDATION

AC2 SPICER

TALON TIMES

G*A*L*L*E*R*Y



The XO wishing everyone a Happy Valentines day.



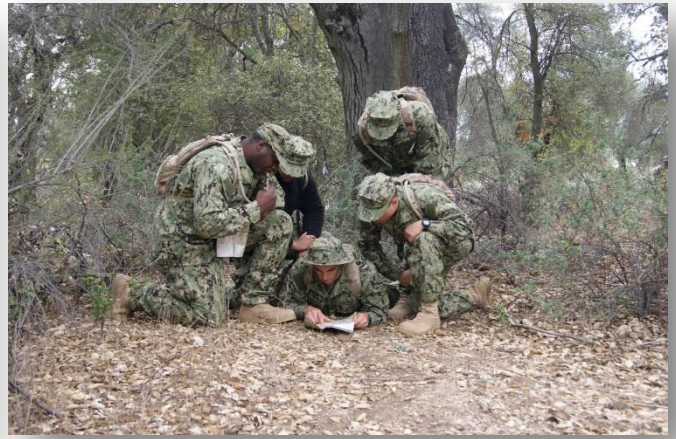
Chief handing IT2 Richards his prize jar of M&Ms



Hard charging Talons come together to help keep our San Diego beaches clean.



Emergency Response Team



Tacron Twelve Talons conducting Emergency Response Team training at a remote site on Camp Pendleton.



TACRON TWELVE TALONS: AC3 Suarezcampos, OS2 Winston, ACAA Evans, AN Wagner, AC1 Murphy, ACAN Epps, AC3 Darrough

HAPPY BIRTHDAY!



APRIL

**LCDR MURRAY
LCDR ZALTSMAN
LT WILLCOX
ACC DORICH
AC2 NATIVIDAD**

**AC2 NGYUEN
IS3 VENZANT
AC3 BROWN
ACAN COAKLEY
AN CHARGO**

MAY

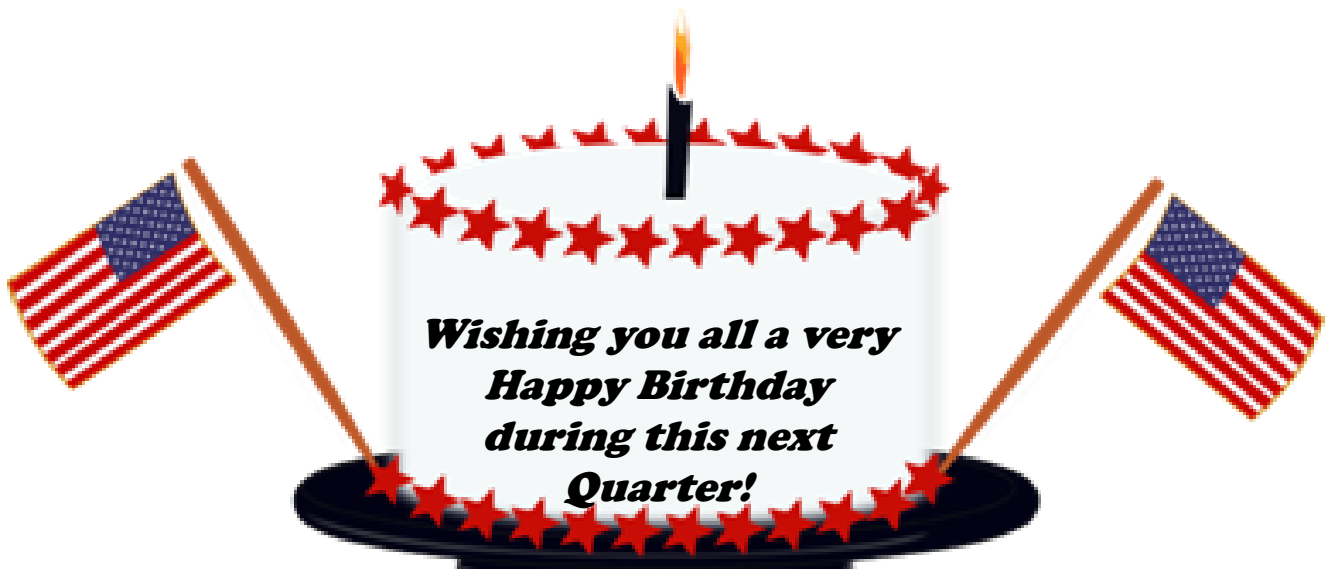
**LCDR WILLIAMS
IS1 POWELL
IT2 MARTINEZ
AC2 BERTELS
AN DALEY**

**AC2 PULA
AC2 STEWART
IS2 THOMSEN
AC3 GOLDSCHMIDT**

JUNE

**AC1 RAMIREZ
AC2 DOXEY**

**AC2 MURPHY
IS2 ROY
ACAR CAMPBELL**



FAIR WINDS AND FOLLOWING SEAS SKIPPER HOPKINS!



**Thank you Skipper for your leadership and all the great memories!
Here's wishing you and the entire Hopkins Family
all the best of luck and success in the future!
- Your TACRON TWELVE TALONS**

TALON TIMES: **CLOSING REMARKS**

TACRON TWELVE approached the New Year with great ease and success. Not only have the expectations grown, but the follow through has been remarkable. Detachment ONE continues to do outstanding work, and Detachment FOUR is preparing to head out to sea and do great things.

Keep up the remarkable work TALONS!

TALON Times Newsletter Editor: IT2 Pendley, Jessica

